

L.I.F.E. Learning is ForEver

Fall 2023 Course Offerings



**Online registration available!
See page 4 for details.**

**A Program of the St. Mary's County
Department of Aging & Human Services**

Brought to you by the
Commissioners of St. Mary's County
and the Department of Aging & Human Services

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GENERAL INFORMATION

What is the L.I.F.E. program?

L.I.F.E. (Learning Is ForEver) is committed to providing stimulating educational and enrichment opportunities for individuals aged 50 years and over who share a common dedication to the enjoyment of continued learning for growth and fulfillment. L.I.F.E. committee members determine the curriculum and recruit instructors and facilitators. The program is sponsored by the Commissioners of St. Mary's County through the Department of Aging & Human Services and the Retired Senior Volunteer Program (RSVP).

Who are our teachers?

Based on the concept of peer teaching, a majority of instructors/facilitators are older adults who are willing to share their knowledge, expertise, and experience. Guest speakers and community leaders are periodically invited to speak on subjects of interest.

When, Where, and Who?

Classes are held at various locations around the tri-county area. Our locations and class offerings will expand as our program grows. L.I.F.E. classes are held in the spring and the fall. Programs are available to those aged 50 years and older. Current registration with the Department of Aging & Human Services and a waiver and release form are required for participation.



L.I.F.E. Contact Information

Brandy Tulley, Division of Senior Center Operations Manager
301-475-4200, ext. 5433
Brandy.Tulley@stmaryscountymd.gov

When and how do I register?

There are several methods for registration.

1. ***Preferred Online Method opens Thursday, August 17 at 9 a.m.!***

Visit us online at www.stmaryscountymd.gov/aging. Select “View and Sign Up for Activities and Programs”. Then click “LIFE”. Classes fill quickly and online registration is recommended to ensure the best chance of getting in to the classes you want. If you have never used the senior activity center online registration for programs, it is highly recommended that you create your online account prior to the opening day of registration. See below opportunities for assistance in creating your online account. Don’t have a computer or Internet access at home? Use the Loffler or Northern Senior Activity Centers’ computer labs on the day of registration to register for classes.

2. *Phone-in registration.* Leave a message on the L.I.F.E. message line at 301-475-4200, ext. 5433, **no sooner than August 17 at 9 a.m.** Registrations can not be taken prior to this time. Please note: you will need to leave a voicemail message. Voicemail messages are returned in the order received within 24-48 business hours. Be prepared to pay with Visa or Mastercard. Please be aware that classes may fill at any time.

3. *Walk-in registration.* If you opt to register at one of the senior activity centers, you may do so **after 8 a.m. on Monday, August 21**. Please be aware that classes may be filled by that time.

Don’t delay; create your online account today before registration opens!

Need assistance creating an online registration account?

We are here to help. Call one of our senior activity centers for assistance before registration opens.

Garvey Senior Activity Center	301-475-4200, ext. 1080
Loffler Senior Activity Center	301-475-4200, ext. 1658
Northern Senior Activity Center	301-475-4200, ext. 3101

What is the cancellation and refund policy?

If you are unable to attend a class for which you have registered, call 301-475-4200, ext. 5433, to cancel **at least 24 business hours in advance**. A refund will be made **if we can fill your spot**. If the Department of Aging & Human Services cancels a tour/class you, will be notified and refunded.

Activity Levels

Each tour/presentation has been assigned an activity level to aid you in determining if you will be able to enjoy the activity.

Easy-Minimal walking on fairly flat terrain less than one block.

Elevators may be available. Best for participants in good health with overall good mobility.

Moderate-Walking can be over uneven terrain (cobblestones, pavers, grass, etc.) or up/down hills (city blocks or gardens) for up to 30 minutes. Best for participants who are physically fit and have good balance.

Active-Walking can be over uneven terrain (cobblestones, pavers, grass, etc.) or up/down hills (city blocks or garden paths) for an hour or more. Best for participants who are physically fit, lead active lives, and are comfortable with not having a resting place for a period of time.

Important Note Regarding Van Transportation

Trips including transportation utilize passenger vans. Vans are not ADA accessible. Participants need to be able to safely enter and exit the vans without assistance.



Jefferson Patterson Park & Museum: Archaeology, Native Americans and Conservancy Tour & Discussion at the Maryland Archaeological Conservation (MAC) Lab

A state-of-the-art archaeological research, conservation, and curation facility is located at Jefferson Patterson Park & Museum in the State Museum of Archaeology. The MAC Lab serves as a clearinghouse for archaeological collections recovered from land-based and underwater projects conducted by State and Federal agencies throughout Maryland. It also houses a number of major collections acquired through private donations to the Maryland Historical Trust. **Following the tours, time will be allotted for lunch on the grounds or in the conference room, weather dependent. Attendees should bring their own lunch.**

Tour Limit: 12

Activity Level: Moderate (see page 5)

Presenter: MAC Lab Staff

Facilitator: Danita Boonchaisri

Thursday, September 7

9:30 a.m. - 2:15 p.m.

Van departs from the Garvey Senior Activity Center promptly at 9:30 a.m. Please arrive by 9:15 a.m. to sign in.

Fee: \$15 (includes van transportation and tours)



Marlay-Taylor Water Reclamation Facility: Waste Water Treatment - Everything You Ever Wanted to Know!



Waste water treatment aims to remove contaminants from waste water to produce an effluent that is suitable to discharge to the surrounding environment or a specific re-use application. The goal is to prevent water pollution from raw sewage discharges. Learn about the sewage treatment processes used in St. Mary's County. Think about surface runoff (stormwater, meltwater, rainwater) as well as business and residential waste water that includes soap, food scraps, chemicals, grit, grease, etc. No worries - you won't be asked to take a drink at the end of the tour! Following the tour, we will have lunch at the Hacienda Los Guayabos Mexican Restaurant **(lunch not included in cost).**

Presentation Limit: 14

Activity Level: Moderate (see page 5)

Presenter: Staff

Facilitator: Karen Garner

Tuesday, September 12

9:30 a.m. - 2:00 p.m.

Garvey Senior Activity Center

Fee: \$10 with van transportation

\$5 without van transportation (driving personal vehicle)

We will depart from the Garvey Senior Activity Center promptly at 9:30 a.m. Please arrive by 9:15 a.m. to sign in. Those selecting their own personal vehicle will follow the van.

Amish & Mennonite Community Van Tour

Have you always wanted to visit some of the Amish or Mennonite farms in our area? Many of them have products and services for sale: some seasonal and some year-round. This tour is designed to acquaint you with the customs and traditions of these fine folk while we travel the back roads of St. Mary's County. We'll visit their workshops, greenhouses, and stores to see first-hand all that is available for sale.

No credit cards are accepted so bring cash or checks. A lunch stop will be made at the Northern Senior Activity Center. Comfortable attire, especially shoes, is the order of the day. Frequent stops require the ability to get into and out of the van.

Tour Limit: 9 Activity Level: Moderate (see page 5)

Tour Leader: Bettie Broadhurst

Thursday, September 14

9:30 a.m. - 3:30 p.m.

Van departs promptly from the Garvey Senior Activity Center at 9:30 a.m. Please arrive at the Center by 9:15 a.m. to check-in.

Fee: \$18 (includes van transportation and lunch)



Historic St. Mary's City (HSMC)

The tour starts with a short introductory video and exhibit review at the Visitor Center. Learn about some of Maryland's first colonists and get an overview of how St. Mary's City came to be. Board the "people mover" and travel the paths of those that were here over 300 years ago. Anticipated tour stops include the Brick Chapel (ca. 1667), reconstructed State House of 1676, Town Center, Mackall Barn, Woodland Indian Hamlet, Maryland Dove, and St. John's Site Museum. A dedicated HSMC docent will conduct the tour.

Tour Limit: 12

Activity Level: Easy - Walkers and canes can be accommodated. People movers can not accommodate wheelchairs at this time.

Facilitator: Karen Garner

Friday, September 15

10 a.m. - 2 p.m. (meet at HSMC Visitor Center at 9:45 a.m.) Tour will end at 2 p.m. at the St. John's Site. We will caravan to the site following lunch.

Fee: \$25 (Includes tours and entry fees. Lunch at the St. Mary's College of Maryland Great Hall is not included in the cost. Bring \$20 for lunch.)

Presentation: Hammond Hospital & Staff

Susan Youhn, an interpreter at Point Lookout State Park/Fort Lincoln and an avid researcher on subjects pertaining to the Civil War prison camp and hospital that were located there, will share her research about Hammond Hospital and the stories of the staff who worked there. This will prove to be a truly informative morning.

Presentation Limit: 40

Activity Level: Easy (see page 5)

Presenter: Susan Youhn

Facilitator: Bettie Broadhurst

Tuesday, September 19

9:30 a.m.

Garvey Senior Activity Center

Fee: \$5

Belle Grove Plantation: Tour and Tea

Enjoy the taste of the finer things surrounded by over 200 years of American History in the birthplace of President James Madison. The timeless ritual of Afternoon Tea served at Belle Grove Plantation offers antique china, elegant surroundings and delicious selections of scones, tea sandwich and a sumptuous display of sweets. Enjoy their exclusive Belle Grove Plantation loose-leaf tea selections, specially blended for the plantation.

Belle Grove Plantation was built in 1670 on the scenic banks of the Rappahannock River. We will tour the grounds and historic mansion after our afternoon tea.

Tour Limit: 15 Activity Level: Active (see page 5)

Facilitator: Judy Mattingly & Karen Garner

Thursday, September 21

10:30 a.m. - 3:30 p.m.

Vans departs the Northern Senior Activity Center at 10:30 a.m. promptly. Please arrive by 10:15 a.m. to check in.

Fee: \$60 (includes Afternoon Tea, tour, and transportation)



Belmont Estate and Chatham Manor

Situated on 27 hillside acres overlooking the falls of the Rappahannock River, Belmont began as an 18th century farmhouse. Although the house has horticultural attributes, its fame comes from being furnished with the art treasures, family heirlooms, and European antiques of famed American artist Gari Melchers, who lived there from 1916 until his death in 1932. Following the home tour, explore the gardens and studio on your own. In the afternoon, we'll visit Chatham Manor, representing the core of what was once a vast estate amassed by the Fitzhugh family beginning in the early 18th century. Explore the manor house, grounds, and gardens.

Tour Limit: 9 Activity Level: Moderate (see page 5)

Facilitator: Melissa Georgiou

Friday, September 22

8:30 a.m. - 5 p.m.

Van departs the Garvey Senior Activity Center at 8:30 a.m. promptly.

Please arrive by 8:15 a.m. to check in.

Fee: \$25 (Includes tours, entry fees, and van transportation). There will be a lunch stop at Amy's Café - not included in cost.

Calvert Marine Museum: More than Just Otters!

Visit this gem of a museum and explore how our prehistoric past, natural environment and maritime heritage come together to tell a unique story of the Chesapeake Bay. Tour of the museum is followed by a leisurely hour on the river with a relaxing sightseeing cruise aboard the *Wm. B. Tennison*.

Trip Limit: 15 Activity Level: Active (see page 5)

Facilitator: Danita Boonchaisri

Thursday, September 28

9:30 a.m. - 2:30 p.m.

Vans depart promptly from the Loffler Senior Activity Center at 9:30 a.m. Please arrive by 9:15 a.m. to check in.

Fee: \$30 (includes transportation, tour, and boat ride) Bring a bag lunch for lunch on the grounds of the museum.

Piney Point Aquaculture Center: How Do Oysters Grow?

The center in Piney Point specializes in oyster production and other services to support oyster habitat restoration projects, aquaculture industry, commercial fishing, and the Maryland Grow Oysters program. Listen to a Department of Natural Resources presentation on how oyster larvae and seed are produced. Tour the hatchery, view the various tanks, and learn their uses. Take a leisurely stroll along the pier shared with DNR police. Lunch (**not included in cost**) at Captain Pat's Seafood Restaurant, following tour.

Tour Limit: 14 Activity Level:

Moderate (see page 5)

Facilitator: Karen Garner

Tuesday, October 3

9:30 a.m. - 1:30 p.m.

Van departs from the Garvey Senior Activity Center promptly at 9:30 a.m.

Please arrive by 9:15 a.m. to sign in.

Fee: \$20 with van transportation

\$15 without van transportation



Stratford Hall

Experience Stratford Hall Great House and historic grounds, at your own pace. Stratford Hall is located near Lerty in Westmoreland County, Virginia. It was the plantation house for generations of the Lee family of Virginia and the boyhood home of two Founding Fathers of the United States and signers of the Declaration of Independence. The self-guided tour will guide you through the mansion, grounds, and beach. Listen to the tour via your smartphone or on their provided audio device (headphones). Feel free to bring snacks. Lunch (**not included in cost**) at The Art of Coffee Café, following the visit.

Tour Limit: 15 Activity Level: Active (historic site not ADA accessible)

Facilitator: Judy Mattingly & Karen Garner

Thursday, October 5

8:30 a.m. - 3:30 p.m.

Vans depart the Garvey Senior Activity Center at 8:30 a.m. promptly. Please arrive by 8:15 a.m. to check in.

Fee: \$25 (includes admission, self-guided tour, and transportation)

Dr. Mudd's House

Guided tour of the official site of the Dr. Hudd house/museum located in Waldorf, MD. Tour the house where on the night of April 15, 1865, Dr. Mudd was the southern Maryland doctor who set the leg of John Wilkes Booth the morning after the assassination of Abraham Lincoln. Hear how this one event impacted Dr. Mudd and his family. Learned what happened to him, repercussions, and eventually how the museum came about to be so future generations could visit and learn.

Tour Limit: 10 Activity Level: Moderate (see page 5)

Facilitator: Judy Mattingly

Wednesday, October 11

10:15 a.m. - 1:30 p.m.

Van departs from the Garvey Senior Activity Center promptly at 10:15 a.m. Please arrive by 10:00 a.m. to sign in.

Fee: \$15 (includes tour and van transportation)

No Thyme to Cook: Stir Up Your Inner Chef with Fresh Pasta!

Enjoy a private cooking class in this beautiful, waterfront teaching kitchen in Solomons. Do you crave the softer, smoother and richer taste of homemade pasta, but pre-made is just easier to buy? A chef instructor will teach you how to effortlessly whip up the real deal using ingredients already in your pantry and you'll never go back to boxed. In this class, you'll learn how to make fresh fettuccini and ravioli two ways: spicy sausage, spinach and ricotta filling with tomato basil sauce; and sweet potato/butternut squash filling with butter and sage sauce.

Tour Limit: 9 Activity Level: Moderate (see page 5)

Facilitator: Danita Boonchaisri

Thursday, October 19

10:30 a.m. - 3:00 p.m.

Van departs from the Garvey Senior Activity Center promptly at 10:30 a.m. Please arrive by 10:15 a.m. to sign in.

Fee: \$125 (gratuities for chef appreciated)

St. Mary's County Library System: A World of Opportunity

A behind-the-scenes tour of the Leonardtown Library with a discussion on the variety of free activities, programs, resources and opportunities for lifelong learning. Also, learn about the role librarians play in our community and their dedication to providing free, accessible public services to a wide range of users. Participants provide their own transportation to the Leonardtown Library.

Tour Limit: 20

Activity Level: Easy (see page 5)

Presenter: Library Staff

Facilitator: Danita Boonchaisri

Wednesday, November 8

10-11:30 a.m.

Arrive at Leonardtown Library Lobby by 9:45 a.m. to check in.

Transportation is on your own.

Fee: \$5

Holiday Décor at Maryland's First State House

Enjoy the beauty of Maryland's first capitol, the reconstructed State House at Historic St. Mary's City, decorated for the holiday season. Learn a little history and, if a garden club decorator is available, learn about the 2023 decorations. Take photos so you can recreate the decor for your own home.

Tour Limit: 50

Activity Level: Moderate (see page 5)

Facilitator: Karen Garner

Wednesday, December 13

10-11:30 a.m. (arrive by 9:45 a.m. to check in)

Meet at Historic St. Mary's City State House, 47418 Old State House

Rd. St. Mary's City, Parking at the Farthing's Ordinary parking lot.

Directional signs to the State House will be posted.

Fee: \$5 (Lunch at the St. Mary's College of Maryland Great Hall is not included in the cost. Bring \$20 for lunch.)



RSVP Supports the L.I.F.E. Program

The L.I.F.E. program is made possible with the help of volunteers with RSVP, the Retired and Senior Volunteer Program (RSVP) of St. Mary's County.

Call Monika Williams, RSVP Project Manager, for more information on volunteer opportunities at 301-475-4200, ext. 1653.

